

# McDonald's For People with Diabetes - Everything You Need to Know!



Fast food doesn't necessarily need to be off-limits if you have diabetes, but it's essential to know what to order to keep your blood sugar levels in check. Most fast-food joints typically get a bad rep for serving foods that are high in carbs, fat, and sugar, but this doesn't mean that a trip to McDonald's should be completely off-limits if you have type 1 or type 2 diabetes.

Let's not forget that fast food does come with some benefits such as consistent quality wherever you go and convenience. Sometimes, fast food is the only option available if you're stuck in an airport or on a road trip, so read on to find out what you can eat at [McDonald's if you have diabetes](#).

## **Choosing diabetic-friendly menu items at McDonald's**

When you live with diabetes, it's essential to carefully monitor your nutritional intake, including not only carbs but also the fat content. Even though it might look a bit difficult to find something to eat at McDonald's that's diabetic-friendly, the good news is that you can do it if you choose the menu items wisely and eat in moderation. The most important thing to do when choosing menu items at McDonald's is to pay close attention to nutritional values. Cutting down the carbs as much as possible and opting for small servings are two crucial things to do.

Many food choices at [McDonald's](#) contain high amounts of carbs, which have the potential to affect blood sugar levels much faster than proteins or fats. Some of the foods available at the popular fast-food chain are lower in carbs, so it's a good idea to opt for those. Let's explore those options.

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## **Breakfast**

For example, an Egg McMuffin is a good option for breakfast, as it contains 30 grams carbohydrates and 310 calories. Another choice is a sausage McMuffin, which has 400 calories, but only 29 grams of carbs. You can also cut down on the carb intake even more by opting to leave the cheese out.

## **Lunch and Dinner**

There are even more options to choose from for lunch or dinner. A hamburger has 250 calories and 31 grams of carbs. Chicken and meatless salads are other great options for a low-carb, more nutritious lunch.

For example, you can choose a bacon and grilled chicken salad that only has 6.2 grams of carbs. The best thing to do when choosing a salad at McDonald's is to opt for low-carb dressings or eliminate them altogether.

The Filet-O-Fish is another option you can try but leave out the tartar sauce and cheese to spare 110 calories. This is a better option than other sandwiches at McDonald's because it has 14 grams of protein and 38 grams of carbs.

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